

2018 Courage Award Finalist

JENNIFER BETTENCOURT

BEFORE



AFTER



My name is Jennifer. I am a 30 year old military wife and a mother to three children, 2 girls ages 6 and 10 and a 3 year old son. I was born and raised in the central valley of California until 3 years ago when the Army moved us to South Carolina. As a mother and wife I always put my family's wants and needs before my own and made sure everyone and everything was taken care of.

I never made time to take care of myself. After my third child I was the heaviest I have ever been. Once my son turned three I decided it was time to make some changes to better myself with health and fitness so I could be a better me for my family. I was never able to get back to my pre-kids body, but I was going to at least try and get close to it. I met with Benjamin Blake, a personal trainer at the Anderson Area YMCA to discuss my goals. He asked if I ever thought of

competing in a bikini competition. I said there is no way my body could ever look like that after having three kids! I told him, "I didn't even look like that before kids but if he could help me get my body bikini ready, I'll consider it."

So I set the goal to give it 100% and do my best. I started out at 140lbs in October 2017 and did my 1st bikini competition in May 2018. I won 1st in novice bikini, and 1st in open and was the overall bikini winner of the show, earning a pro card in the NBPF Muscle in the Mountains, in Franklin NC. Just 4 short weeks later, I competed in the 2018 Carolina Supernatural in Spartanburg SC. Once again, I was 1st in my class and overall, winning my second pro card. At my second competition I weighed in at 116 lbs., I can't remember ever being that small since middle school.

Since I started training, I lost a total of 24lbs and was down to 10 percent body fat. I not only surpassed my goals but I accomplished a dream I didn't think was possible. I'm so thankful and humble for this fitness journey. It has opened up a new path and journey in my life.

Next, I want to compete in a NPC show and keep pushing myself to be the best me. I have also started studying to gain a personal training certificate and I aspire to motivate mothers that it is possible and ok to take care of yourself.

A dream can always seem impossible until it is done.

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